

Priced fittingly!



EDITOR: Gary Franchi

FOOTPRINTS

January, 1993



SCR to the Rescue

Well, we know who DIDN'T kick out the jams on New Year's Eve. This whole slew of SCR runners was on hand in Colorado Springs on January 1 to tackle what proved to be difficult, hilly 5K and 10K courses. From left are Rich Hadley, Paul Chacon, Ted Quintana, Melinda Orendorff, Mike Orendorff, Aaron Franchi, Dave Diaz, Stacey Bowman, Marijane Martinez, Jim Robinson, Nick Leyva, Jessie Quintana, Gary Franchi and Bob Quintana. Mark Koch also ran. *More on the race on Page 3.*

Photo by Bob Mutu

SCR Awards Banquet: January 23

By now, you should have received some sort of notice about the annual SCR awards dinner banquet that will be held on Saturday, January 23, in the banquet room at the Gold Dust Saloon. I'm told a game show will be held, featuring Hollywood stars and starlets. Here's the pertinent information:

- Time:** 6 p.m. cash bar & schmoozing
7 p.m. Dinner, featuring chicken & fettucini
- Cost:** A mere 6 bucks, payable at the door
- Where:** Gold Dust Saloon is at 130 South Union Ave.
- Attire:** It's your call
- Why:** Because it's there and we're here

Footprints No. 1 newsletter in western region

What's this world coming to? Our Donkos miss the playoffs. Elvis Presley turns 58. Not! And *Footprints*, the name of the newsletter someone is reading to you at this moment, wins a regional contest. How can this be?

Hey, who knows?! But we've been notified that our newsletter has taken 1st place in the Road Runners Club of America's western regional Newsletter Contest for clubs having less than 200 members. Your hard-to-be-humble editor plans to attend the RRCA's national convention to be held April 22-25 in Portland, Oregon where we will be presented with a plaque. Our newsletter also is one of eight regional winners that are eligible to win the national prize.



Thanks to all who have contributed during the past year - especially Marijane, Rocky, Michael O., The Prez, Jeff, and Paul, all with articles; and Andy with results and thoughts.

Also, your beloved editor has taken second place in the western regional's small club Writer of the Year award. See, all that wonderful verbiage about visual noise, mute switches for people, spandex for women, fresh vs. stale vegetables, movie lines, Daily Hopscotch Time, running axioms, etc., has finally paid off.

Trying to beat a SAD problem

by Rocky Khosla, M.D.



I was asked to address a very common condition that seems to affect a lot of people during the winter, especially runners. This condition is called seasonal affective disorder. It seems that as the days get shorter in the fall, there are a lot of people who find themselves getting more irritable, sleeping more, having less interest in their usual activities, and getting depressed. In fact, this disorder is felt to be a form of depression that is brought on by the lessened exposure to daylight. Our understanding of seasonal affective disorder, which I will abbreviate as SAD, is very primitive. It seems that parts of our brains may regulate the release of certain neurochemicals based on the amount of daylight that the person receives, and these neurochemicals may be involved in the development of SAD.

What can you do if you think that you may have SAD? If your symptoms are severe to the point that you cannot function or are considering doing harm to yourself, please seek help from your doctor immediately. However, if your symptoms aren't severe, you might want to try some of these recommendations:

1. Light boxes. These seem to be the most effective way of treating SAD. It appears that sitting in front of specially designed boxes of bright lights can help alleviate some of

the symptoms of SAD. You may need to spend anywhere from 20 minutes to 2 hours a day doing this to see results.

2. Exercise in daylight. Though it is often difficult and cold, changing the time of day


when you exercise to the midday and getting in at least 2 to 3 workouts outdoors per week may be a good idea. If you can't exercise outside, then doing so inside in an area that has a lot of windows may be the next best thing.

3. Cut down on alcohol. Alcohol is a depressant and also decreases the good type of restful sleep, called REM sleep, that you get.

4. Set a schedule for yourself. Once the days start getting shorter, our internal clocks go haywire. To help yourself not get completely off track, try to get up and go to bed at the same time every day.

If you have tried the above and still find yourself in the grip of SAD, talk to your doctor. He or she may decide to put you on a trial of new medications that affect a certain neurochemical called serotonin. These medications are not addictive and seem to have few adverse side effects.

Till next time, happy trails!!!



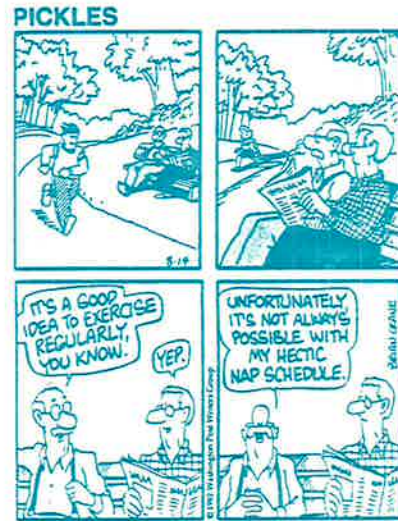
NEXT SCR MEETING
 - 7:30 P.M.
TUESDAY, FEB. 2,
AT THE YMCA.

SCR Officers

President	Kathy Duran	546-1569
Vice President	Jeff Arnold	947-3682
Secretary	Frank Jaquez	269-3641
Treasurers	Stacey Bowman & Dave Diaz	564-9303
Membership Chair	Andy Ballou	547-3663
Handicap Director	Mike Orendorff	561-2956
Newsletter Editor	Gary Franchi	545-2603

Editorial Consultants: Nick Nasch, Sergio Momesso
 Special Guests:
 Juan Calunga, Keith Frates, Todd Gilbreath, Cindy Paolucci, Marilyn Stapleton, Tim Vigil. (Connection noted elsewhere.)

SCR meetings are held the 1st Tuesday of each month at the Pueblo Family YMCA beginning at 7:30 p.m. Any SCR member may attend club meetings and have input, which includes having a vote on all issues discussed.



Special guests: Runners who have won half-marathons in Pueblo in '91 or '92.

All the smart people will be attending the SCR's Awards Banquet on January 23. Sure hope you're one of them!

GOLD DUST SALOON
 MARIPOSA INC.

130 S. Union - Pueblo
in the Union Avenue Historic District.

Trying to deal with allergies

If you're wondering how to get rid of allergy conditions before a workout but are afraid to take an antihistamine, don't be! Research reported in a recent issue of *Medicine and Science in Sports and Exercise* claims that ingestion of an antihistamine won't have much impact on your performance.

Traditional antihistamines do a nice job of treating allergy symptoms but seem to slow down both the mind and body. In fact, Benadryl, a commonly used antihistamine, is used medically as a sleep aid and hypnotic. But a new type of antihistamine called Seldane relieves allergy symptoms without inducing a partial coma.

The report says that one dose of an antihistamine a couple of hours before exercise should help to relieve the symptoms without hurting performance.

Meanwhile, producers of Tavist, an antihistamine that is now sold over the counter, has opened a toll-free hotline for anyone who wants information on treating nasal and sinus congestion. The number is (800) 828-4783.

Gesundheit!

Marathons & fluid intake

For all of you crazy people thinking of running a marathon sometime soon, this from Nancy Rehrer, Ph.D.:

The fluids swallowed just before the marathon and during the first few miles of the race help decrease the risks of stomach cramps, side aches, diarrhea, and nausea. That's because the early fluids reach the bloodstream quickly, helping to limit dehydration. And it's dehydration – not the presence of fluid in the gut – which is the key cause of digestive distress during long-distance running.

Taking in ample amounts of fluid increases the flow of blood to the stomach and small intestine and – since the liver actually receives blood coming from these organs – beefs up blood flow to the liver, permitting a higher lactate clearance rate.

Rescue Run (New Year's Day)



Jim Robinson sprints to the finish line with no runner in his wake during the 10-kilometer division of the Rescue Run

– Photos by Goodzky



Stacey Bowman puts it in high gear near the finish of the 10K race

Puebloans fatten up on jaunt to Springs

What a way to start 1993! About a dozen and a half SCR members trekked to Colorado Springs on New Year's Day to visit the eateries there and, since they were already in the area, race in the Rescue Run (5k or 10K) as well. What courses! Up and down. Up and down. Merciless.

Still, Pueblo's finest did their thing in style. Taking first in their age groups were Dave Diaz (5K) and Mike Orendorff (10K), while Stella Heffron was the second overall finisher in the women's 5K. Not too shabby!

The highlight, other than breakfast, of course, was Teddy Quintana leaving during the awards ceremony just minutes before his name was selected in a random drawing. Would have won a free entry to this year's Triple Crown. So it goes! Oh, have a nice day, Ted!

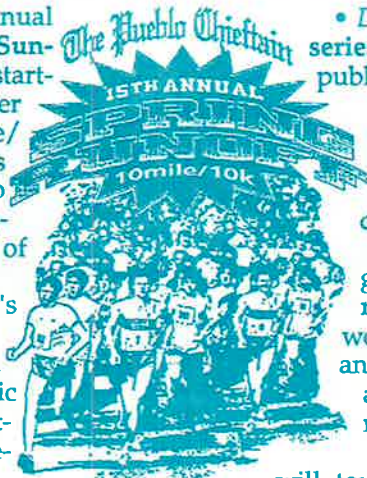
15th Spring Runoff scheduled for March 7

Planning is in high gear for the 15th annual Spring Runoff that has been scheduled for Sunday, March 7, beginning at 9:30 a.m. The starting and finishing site for the 10-kilometer and 10-mile races is again the Cavalcade/Side Pocket area on Pueblo's north side. As mentioned last month, Rich Barrows, who joined the club in 1992 after moving to Pueblo from Florida, is the new race director of the Runoff. He'll have plenty of help.

Here are a few notables about this year's Spring Runoff:

- There will be a new shirt logo design this year (the logo shown here is the basic design but was unfinished as of this printing). *Daily Bugle* artist Tim Acosta is the designer.

- Long-sleeved T-shirts with at least 2 colors of ink will be given to all race entrants. As of this writing, no word on the shirt color.



- *Daily Bugle* scribe Larry Lopez will be writing a series of training articles that the newspaper will publish periodically beginning this month. The articles will be geared toward enabling novice runners to build up their distance gradually, starting with a combined run/walk routine, until they are able to run the entire 6.2-mile distance.

- In past years, several SCR members have gathered on weekends for informal training runs on the course. This year, we will publicize weekly training runs to be held on Feb. 7, 14, 21 and 28 at distances of 2 miles, 4 miles, 6 miles and 8 miles, respectively. All runs will begin at noon in the Side Pocket parking lot.

- In contrast to past years, the 10-mile field will tour the Northridge loop first before heading north on the frontage road near the Hampton Inn. The idea is to clear out the residential Northridge area earlier and eliminate a whole lotta traffic control woes.

Use it or lose it

Studies show that the average person loses about 1 percent of strength, endurance and speed each year after 30. But elite athletes lose only one-tenth to one-half percent a year. Newsletter editors, my study shows, lose about 1 percent a month. Also, people lose about 25 percent of their fast twitch muscles starting at about age 25.

But studies also show that while exercise doesn't halt aging, seniors can maintain a high level of performance if they train rigorously. Some doctors believe that there is never an age at which training won't improve muscles' functions. At any age, you can still improve.



Competing Elsewhere? Get us the results

If you compete in an out-of-town race, please get your results and those of other SCR runners to your humble *Footprints* editor. I prefer to have the results in writing but I will accept calls at 545-2603.

Staying healthy in mind and body

Here are some thoughts, culled by Goodzky from many literary sources, to help keep you healthy in mind and body:

For the body:

- For skiing: The ultimate ski-specific training is in-line skating, because it not only provides a demanding aerobic workout but also works the same leg muscles you use when you ski.

- Runners who burned 2,000 or more calories a week (the amount used in running about 20 miles a week) added about two years to their lives, a recent study revealed.

- Vitamins play a role in the health and vigor of every organ in the body, from skin and bones to the nervous and immune systems, right up to and including the brain. Being well supplied in vitamins can lower your cholesterol, help make wounds heal faster, and make you more resistant to colds and flu, asthma, cataracts – even gum disease.

- In swim competition, a proper warm-up before the start is important in reducing lactic-acid buildup during the first minutes.

- In establishing an efficient bike cadence, the best way to learn what's right for you is not to listen to anyone. An individual's ideal cadence has to do with bone length, fiber type and muscle-attachment points on the bone.

- The winter months are the best

time to concentrate on weaknesses or correct deficiencies you have developed, perpetuated or discovered in your running during the summer months.

For the mind:

- Unless you go all out for something, you may conclude your life without actually having lived it. This quest for excellence is how you find out what you are made of. It's how you find out who you are. To live your life your way, to reach for the goals you have set for yourself, to be the you that you want to be, that is success.

- Exercise is good rut-breaking therapy because it produces mood-elevating brain chemicals, gives you a sense of physical control and makes you look and feel better.

- Those who spend exorbitant amounts of time in search of excellence must deal (or the people they know must deal) with the consequences of a self-centered athlete's lifestyle. There's a happy median.

- Human nature ensures that few things taunt us more than success and an equally small number terrify us more than failure. Most lives are spent chasing after the first and simultaneously scrambling desperately to avoid the second.

- The greatest obstacle to our own success is that we let others define it for us.

RACE CALENDAR



PUEBLO AREA

January

- 16 Sat 9:00 AM Eikeden Spirit Handicap, 7.5K or 8K
Nature Center to Liberty Point
- 23 Sat 11:00 AM Frostbite Five, 5M
Reservoir to City Park

February

- 14 Sun 10:00 AM Valentine's Day Twosome Relay, 1.6M each member
-City Park



March

- 7 Sun 9:30 AM Spring Runoff, 10K & 10M
Cavalcade / Side Pocket

OTHER AREAS

January

- 23 Sat 10:00 AM Winter Series #2, 4M or 15K
Black Forest - Colorado Springs

February

- 13 Sat 10:00 AM Winter Series #3, 6M or 20K
Black Forest - Colorado Springs
- 27 Sat 10:00 AM Winter Series #4, 10K or 25K
Black Forest - Colorado Springs

March

- 13 Sat 10:00 AM Winter Series Makeup, if necessary
Black Forest - Colorado Springs
- 13 Sat 10:00 AM St. Patrick's Day Run, 5K
N. Monument Valley Park - Colorado Springs

April

- 10 Sat 8:00 AM CSEA Scholarship Run, 5K & 1M
N. Monument Valley Park - Colorado Springs
- 24 Sat 9:00 AM Panoramic Run, 5M
Palmer Park - Colorado Springs

1993 MARATHONS

- | | | |
|-----------|----|--|
| January | 16 | Mardi Gras - New Orleans (& Half-Mara) |
| | 16 | San Diego |
| | 24 | Houston Tenneco |
| February | 6 | Las Vegas (& Half-Marathon) |
| | 7 | Long Beach, Calif. |
| | 7 | Tucson, Ariz. |
| March | 7 | Los Angeles |
| | 14 | Maui - Kahului, Hawaii (& 5K) |
| | 20 | Catalina Island, CA |
| April | 3 | Collegiate Peaks, Buena Vista, CO |
| | 17 | Lake Powell, Page, Ariz. (& 10K) |
| | 19 | Boston |
| | 25 | Big Sur |
| May | 8 | Shiprock, Farmington, New Mexico |
| | 16 | Revco-Cleveland |
| June | 6 | SteamboatSprings, CO (& Half) |
| | 19 | Grandma's, Duluth, Minn. (& Half) |
| July | 18 | San Francisco |
| | 24 | Desert News - Salt Lake City, Utah |
| August | 22 | Pikes Peak |
| September | 5 | Black Hills - Rapid City, South Dakota |
| | 6 | Turtle - Roswell, New Mexico |
| | 12 | Duke City - Albuquerque, New Mexico |
| October | 2 | St. George, Utah |
| | 3 | Denver International (tentative) |
| | 3 | Sacramento, Calif. |
| | 3 | Twin Cities - Minneapolis, Minn. |
| | 10 | Pueblo River Trail |

Answer to Page 6 quiz: Woody Harrelson in "Doc Hollywood."

RACING NOTES

Run for a Nightmare

Racing conditions weren't quite ideal for the Run for the Dream 10K held January 10 in honor of the local Martin Luther King celebration. Not only was it 5 degrees at race time (9 a.m.), but the Fountain Creek River Trail was covered with snow. Power, packed powder to be exact. Made for pretty slow footing. Overall winners were Jeff Wooten (45:48) and Helen Robinson (51:48). Top age division finishers were:

- 19-under - Female: 1, Laci Roberts 1:16.05. Male: none.
- 20-29 - Female: 1, Meg Gredig 1:11.34. 2, Gigi McLaughlin 1:12.31. Male: 1, David Sisneros 56:05.
- 30-39 - Female: 1, Mallen Kear 1:14.07. 2, Betsy Hill 1:16.05. Male: 1, Paul Chacon 45:49. 2, Chris Gredig 45:47. 3, Marty Garcia 47:54.
- 40-49 - Female: none. Male: 1, Sidney Arnold 47:12. 2, Gary Franchi 53:33.
- 50-over - Female: none. Male: 1, Don Pfost 50:11. 2, Jeff Arnold 52:51.

Other local races

I hear the Christmas Classic will be called the Dirty Dozen Dash next year after 12 runners heard about the race time change to 3 p.m. and made it to the starting line. Wonder how many showed up at the listed 10 a.m. time ... A handful of SCR members are teaming to keep the Valentine's Twosome on the schedule and, lo and behold, it actually falls on Valentine's Day this year. The race is a man-woman team extravaganza that includes the awarding of prizes for best Valentine's-related costumes and batons. My favorite kind of run - short! ... Ben Valdez of the YMCA needs bodies from the SCR to work at the Frostbite Five that is scheduled for 11 a.m. Saturday, January 23. Ben could use a buzz (couldn't we all?) at 543-5151 if you can work an hour and a half or so.



Viva Las Vegas

Mucho congrats to SCR's Marijane Martinez for taking 5th in her age group (1:44 time) at the Las Vegas Half-Marathon recently. There were several hundred entrants. Others from Pueblo completing the 13.1 miles were Tomas Duran (1:29), Nick Leyva (1:37), Mike McClure (1:29) and Bill Veges (1:37). However, stealing the show was Bobby Santos, who didn't even lace up a running shoe. Probably doesn't even own one. Anyway, I'm told there were rounds for the house after Santos hit a \$1,600 jackpot. He even came back with a few bucks in his wallet.

Notepad scribbles

Mike Orendorff got the kudos but it was his housemate, Melinda, who deserves the credit for coming up with the elf costume that her hubby wore in the Jingle Bell 5K run held in the Springs recently. Mike's attire earned him the top costume award. Congrats, Melinda! ... Club got some great news recently when it was notified that the YMCA was kicking in \$250 to our clock/equipment replacement fund. Thanks! The fund has now grown to somewhere in the neighborhood of \$750, meaning we can start getting serious about purchasing a new clock. A new twist is that the Pikes Peak Road Runners club is updating its clock and has asked us to consider buying its used one.



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Karl Kraus: "The making of a journalist - no ideas and the ability to express them."

I'm beginning to appreciate world-caliber runners more these days. At least they're not loud-mouthed, demonstrative braggarts in victory. My feelings stem from the vomit-inducing rhetoric espoused by those "cerebral" college football players during the recently held holiday bowl games. Other than at the service academies, is there no humility in college football any more? On New Year's, the displays of braggadocio by players scoring touchdowns, catching passes or sacking quarterbacks made me gag. Here's my idea to stifle them: Instead of interviewing mush-mind players after games to hear their idiotic gleanings, have them try to read a paragraph of text from a current novel. That ought to shut some of them up or stop their tap dance routines. Give us a good chortle, too!

It doesn't take long to appreciate Colorado's weather. All it takes is a short trip out of state. A holiday jaunt to Michigan made me realize - again - that we have something special here and wonder how the heck people can live in the Midwest. I think we saw the sun in portions of 2 of our 8 days there. Also had bone-numbing cold weather some days, and heavy rains 2 others. Sure was nice to land at Stapleton and see some blue sky again ... Overheard at

the Rescue Run in Colorado Springs as a shirtless Mike Orendorff neared the finish line: "Well, he's got enough hair on his head to keep his body warm." ... About naps: the University of California at Berkeley's *Wellness Letter* claims that about half the world takes a daily siesta and points out that internal biorhythms are the cause of mid-day sleepiness, regardless of diet or social customs. It also says if you can't nap, try a mid-afternoon workout since exercise provides the same sort of stimulation. Pass the pillow ... Had the occasion to run, separately, in tights and then sweats over the break and came to the conclusion that I can run faster in tights. At least I think I run faster. Or maybe I think faster ... Here's reason #85 for staying fit in compliance with your New Year's resolution: So you'll look lean and mean when viewed on video-phones. Natch ... In the most recent issue of *Triathlete* magazine, Scott Tinley calls the transition area of triathlons the only place where you can take off your clothes in public without getting arrested ... Christy Trontell lives! Ran into her at Gart Bros. scoping out the swim goggles. Said she used to swim competitively and is eyeing a return. She also is an avid biker and still runs. Sounds like a triathlete-in-the-making to me.

Movie line of the month: "I could have been a doctor but it was the science part that I had trouble with." Answer somewhere in this issue. Magnifying glasses now on sale!

Racing Axiom:

Extra speedwork causing a race PR will vault the average runner to no better than 4th place in his/her age group. - Goodzky

What are you looking [here](#) for?

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



Non-Profit Organization
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If you're planning to change your place of residence, send us your new address to ensure that your 1993 issues of "Footprints" will find their way to your mailbox.

